ABSTRACT OF THE DISCLOSURE

A stationary exercise apparatus comprises a framework, a curved shaft, two oil pressure cylinder sets, and two pedals. The curved shaft has two curved ends and a straight portion located between the two curved ends. The two curved ends are pivoted with the framework such that the two curved ends form a deflection angle of 180 degrees when the curved shaft is driven to turn radially. The two oil pressure cylinder sets are fastened between the framework and the curved ends of the curved shaft for providing the curved shaft with a damping effect. The two pedals are mounted on the straight portion of the curved shaft for driving the curved shaft to turn radially.